

# SIGNS OF Test Anxiety

- Headaches
- Nausea/upset stomach
- Extra sweating
- Difficulty breathing
- Fast heartbeat
- Dizziness/lightheadedness
- Sense of panic
- Muscles tight or tense
- Focusing on past mistakes or poor performance
- Worrying about the consequences of failure
- Mind going blank
- Thoughts racing
- Difficulty concentrating
- Feeling inadequate or not enough
- Feeling helpless
- Thinking negative thoughts
- Procrastinating
- Comparing self to others

## Test Anxiety STRATEGIES

### Get prepared.

- Attend study sessions.
- Take practice tests.
- Review notes.
- Ask clarifying questions.
- Pack your bag, pack your lunch, and lay out your clothes the night before.

### Practice Calming Strategies.

- Practice controlled breathing exercises.
- Make a test-day mantra. Practice repeating it to yourself.
- Practice grounding exercises.
- Practice progressive muscle relaxation.

### Practice Self Care.

- Get enough sleep the week leading up to the test.
- Eat healthy meals.
- Do your favorite movement-based activities or exercises.
- Practice yoga.
- Speak kindly to yourself.
- Spend time with people you love.

### Change Your Thinking.

- Check your thoughts. Are they absolutely true? Are they based on facts? Are you assuming the worst or jumping to conclusions? Replace these thoughts with more realistic and positive thoughts.

*I am not defined by a test.*

*I am a successful person.*

*I am in control of the things I say to myself.*